



One day at a time...
One step at a time...
One meal at a time...



2012-2013 Wellness Campaign Incentives

Activity	Timeframe	Incentive
<p>Wellness Expo Each employee that attends a Wellness Expo will be entered into a raffle to win \$100.</p> <p>Two winners among Blue Shield members and two winners among Kaiser Permanente members per Expo (Ontario and Yucca Valley will have one winner per plan)</p>	September 2012	\$100 Reward Card Raffle
<p>Health Assessment Each employee that completes an online Health Assessment through Blue Shield or Kaiser Permanente's website between October 1, 2012 and January 11, 2013 will be eligible for the incentive.</p>	October 1, 2012 – January 11, 2013	\$100 Reward Card
<p>Steps to Success Each employee that completes a Steps to Success challenge will earn a FitBit.</p> <p>Participants will only be able to earn one FitBit between September 1, 2012 and April 30, 2013.</p>	September 1, 2012 – April 30, 2013	FitBit
<p>Online Health Improvement Program Each employee that completes an online program through Blue Shield or Kaiser Permanente will earn one reward card per class.</p> <p>Participants will only be eligible to earn a maximum of \$75 between October 1, 2012 and April 30, 2013.</p>	October 1, 2012 – April 30, 2013	\$25 Reward Card
<p>Telephonic Coaching Each employee that completes at least one Telephonic Coaching session after registration through Blue Shield or Kaiser Permanente between October 1, 2012 and April 30, 2013 will earn a \$25 Reward Card.</p>	October 1, 2012 – April 30, 2013	\$25 Reward Card

Note: Only employees enrolled in a County-sponsored medical plan are eligible to receive rewards.